

Heinsburg snowed in!

Heinsburg area residents got quite a surprise when they woke up last Wednesday morning - the forecasted 'snow flurries' had added up to 10 inches of the white stuff by 6 a.m., and between 17 and 18 inches by the time snow stopped falling around 10:30 a.m.

Community School principal Lorne Young called the radio stations to announce school closure because of the storm, and at least one teacher who lived some distance away thought a mistake had been made. Snowfalls across the area varied from under an inch in St. Paul to 2 to 3 inches in Elk Point and 3 to 4 inches in Spring Park, all of which were on the fringes of the storm.

A lifetime resident of the area, Hazel Jenner, said it was the greatest amount in a single snowfall she had ever seen in

the Heinsburg area. Young's wife Sherry said it was "quite amazing" to see that much snow fall overnight.

The cleanup got underway in short order, with County of St. Paul Division 1 councillor Bob Smith calling in grader operators Tom Kurek and Bob Kinjerski to help Terry Krider deal with the clogged roads. A sanding and plow truck had a single lane of highway cleared by 10:30 a.m., but one area farmer who had spent the entire morning digging out his yard with his tractor and loader said he had barely made an impression by noon hour.

The heavy snowfall reached into the Lindbergh area as well, with Elk Point students on one bus route getting an unscheduled holiday due to the clogged roads.

Digging Out

Heinsburg residents spent last Wednesday digging their way out of an eighteen inch dump of snow which closed the school, halted traffic and made doing anything outdoors a major challenge. This photo, by Sherry Young, shows the major cleanup process underway at Heinsburg Community School.



FGM education support council explores new roles

A draft position paper on roles and responsibilities in education was the main topic of discussion at the first 1995 meeting of the F. G. Miller High School Education Support Council, held last Wednesday. The paper lists planning, developing and delivering programs, budgeting and resource allocation, communications and community relations as functions for the newly empowered school councils which will result from the current educational reform in Alberta.

A panel consisting of former F. G. Miller principal Sid Holthe, Elk Point school board representative Ed Buck and Ashmont high school principal Richard Dowson gave their thoughts on the paper. Holthe said the Department of Education is "empowering parents. I think the Minister is reacting to public and media criticism by giving parents more control over education." In forming a support council, Holthe feels it "would be good to proceed slowly. A council is supposed to determine its role

at its first meeting, but it will be hard to do that."

Ed Buck, who is a member of the transition team for the new Regional School District, says that the components of education are changing, as site-based management sees each school operate independently, with its school council's help and guidance. "All roles and responsibilities are interrelated, and clarification will strengthen them." However, he warned that "we have to be cautious that self-interest groups don't dominate these councils," and therefore, care must be taken in selecting members for them. A lot depends on how involved parents wish to be on the councils, and Buck feels that "those who want to [be more involved] may have to make up for those who don't."

The reform allows the community to become more involved in education, but Richard Dowson feels "there is a horror that if you're making decisions, you are also responsible to the community for the result of those decisions."

Education must be made accountable from a business perspective, he said, and school councils will need to determine if their decisions are cost-effective. The changes will require "tearing apart the current educational structure and building anew."

The panel fielded questions

on everything from grade averages to hiring of teachers. Answers to the latter showed that the onus will be put on the parent council to determine what teachers will be in a school, although Ed Buck noted "there is still no process by which you can remove someone unless they are bla-

tantly irresponsible. The school boards have always had this problem, but more input [by the school council, with assistance from the school board administration] into hiring may help." Regarding removal of teachers, Buck added that "there's a feeling out there that

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Roles and responsibilities for school councils

What are the roles and responsibilities for school councils, as proposed in the draft position paper? Here is a brief rundown:

Planning:

The council's primary roles are to make decisions about its own internal bylaws, finances and methods of operation, and to determine the school's overall mission, philosophy, policies, roles and objectives, in consultation with the principal, parents and students. Its secondary role is to provide advice on school jurisdiction policies to the school board.

Developing and Delivering Programs:

Here, the council takes a primary role in deciding what type of programs to offer, what extracurricular activities the school will offer, and what the standards of student conduct and discipline will be, in consultation with principal, teachers, parents and students.

Budgeting and Allocating Resources:

Primary roles include determining guide-

lines and principles for the school budget and deciding what types of staff to hire and the criteria for selection, along with the principal and teachers, as well as managing the school building and setting a policy on community use of facilities, with the principal. Contributory roles are to set criteria for selecting a principal and then selecting a principal, with the school board.

Communications and Community Relations:

This is a primary role of the council, who will establish methods of reporting student achievement results to parents and the public, with the principal and teachers, and establishing methods of communicating with the public, with the principal and school staff, as well as promoting the school in the community and reporting annually to the school board on results achieved by the school council.

Replacement physician to relieve Elk Point doctor

A rural locum physician will be serving the residents of Elk Point from January 16 - 27, 1995 while Dr. Keith McNeilly is away from the community.

The Rural Locum Program, initiated by Alberta Health and the Alberta Medical Association, provides temporary replacements for rural physicians who are away on education, vacation or sick leave. With this program, area residents are assured of continuous medical services, and the local doctor is provided relief. This unique service is an initiative of the Rural Physician Action Plan devel-

oped to improve recruitment and retention of physicians in small rural communities like Elk Point.

Dr. David Brooks resides in Calgary and joined the Rural Locum Program on a part-time basis. He joined the Rural Locum Program to keep in touch with rural family practice. He enjoys working in many different settings in rural Alberta.

The first portion of Dr. McNeilly's vacation, from December 15, 1994 to January 15, 1995, has been covered by longtime Elk Point physician Dr. K. C. Miller.

Elk Point withdraws dry landfill site bid

The town of Elk Point withdrew its request for a dry landfill site near Armistice Lake, Tuesday at St. Paul County Council's meeting.

Elk Point Mayor Ed Buck said the proposal was withdrawn at the request of Orest Boyko, who owns the land at NE-6-57-7 W4.

where the proposed landfill site is located

Buck said Boyko had received a number of requests from surrounding landowners to kill the proposed landfill site.

County landfill director Dennis Bergheim said the pro-

posal would likely have been denied by council because of complaints from the public.

"It's the same old story," Bergheim said. "People would like to have a landfill site but they don't want it near them."

Bergheim said plans are to expand the existing landfill site for Elk Point, located on the

south side of the North Saskatchewan River.

He said with proper landfill management the life expectancy of the site should be 10-plus years.

The existing town of Elk Point and County of St. Paul joint landfill site agreement runs for one more year.

FGM education support council explores new roles

(Continued from Front Page)

"there's a feeling out there that if people are incompetent, there's nothing you can do about it, but I feel there are things you can do. One of these is to let these people look at another career." Buck said that if the teachers in question were given a year to go and try out another career, with the understanding that their job would be waiting for them at the end of that period, "one out of three would decide to change, and the others may come back with a new attitude."

The ability to increase the number of teachers would lie with the site-based management, which would have to set priorities for the funds they manage.

Buck noted that senior high students generate funds on the basis of course credits completed, and this would not be

determined until the end of a school year, which could complicate budgeting.

Regional School Board Chairman Ray Danyluk noted that capital costs of school operation, and costs such as transportation, maintenance and head office administration, will be applied on a regional basis, with school councils responsible mainly for allocating instructional costs. Buck added that with the provincial government setting taxes, "it ties our hands to stay within our budget guidelines," as no additional tax can be assessed locally if a need for more funds is determined.

The increased role of principals with site-based management was also discussed. Buck said that principals will be require "more strength in immediate administration" and that administrative staff will need to be well trained in bookkeeping "so you know where you're at budget-wise."

Danyluk said that budgets for the coming school year are due in March and have been done by the outgoing adminis-

tration, and thus will not allow much flexibility financially. Buck added that "tolerances are a small part of the budget."

In the panel's closing comments, Sid Holthe said he felt there has been "too much worry about bad, heavy things. Once the parents are comfortable with the school council, they will welcome the increased involvement. I think it can be an exciting time."

Ed Buck feels "it's a great thing for the school system. Look at all the positives—the negatives can be worked out."

Richard Dowson thinks the change "will be positive, particularly regarding empowerment." The combination of excitement and apprehension generated by the change is "like having a daughter going on her first date."

The lone F.G. Miller student present for the meeting, Student Council president Margaret McGregor, was asked to comment on the school council concept, and said in her view, "it will be good if it all works out."

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As Community Development Co-ordinator

Living in the Ashmont area for the past 20 years, Anne has worked for the Provincial Government for 11 years; eight years with Social Services, and three years with Municipal Affairs, and has a strong interest in community development.

As a recent graduate from the Faculty of Business, University of Alberta with a Bachelor of Commerce Degree, Mrs. Himschoot has knowledge of accounting, finance, marketing, and small business. Anne looks forward to meeting and working with clients and community groups in our Community Futures Region.

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Free Information Night Seminar
on the **"CAPITAL GAINS
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January 24, 7:00 to 9:00 p.m. at the
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IT'S TRUE -- WE ARE ONE!

Effective January 1, 1995, the Community Futures Association and the Business Development Centre were amalgamated. Our new name is the

ST. PAUL / SMOKY LAKE BUSINESS & COMMUNITY DEVELOPMENT CORPORATION

The St. Paul / Smoky Lake Business and Community Development Corporation will continue to operate offices in St. Paul and Smoky Lake and serve the same mandates as the Community Futures Association and the Business Development Centre.

Congratulations!
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*From Russ & Terry Hebblethwaite
and the Staff at Tarsands*

FCSS News

Happy New Year from Elk Point FCSS!

Happy New Year! We hope everyone had a wonderful Christmas and that you are ready for all that 1995 holds. FCSS will see changes in 1995. Provincial and municipal cutbacks have resulted in FCSS becoming a part-time program with part-time staff. As of January 1, our hours of operation were cut back. The office will be open from 8:30 to 4:30 Monday through Thursday and closed every Friday. We will also close for a week during spring break and Christmas, as well as from June 15 to August 15. The FCSS Board and staff believe that, given the cutbacks, this time-frame will serve the community most effectively and during the busiest times.

For any new or existing residents who might be unfamiliar with FCSS, we encourage you to phone or drop by for a visit to learn about the programs and services we provide to the community.

FCSS believes in the value of the individual, the strength of the family, and the concept of people working together to achieve a healthy, supportive community. Our philosophy is "people helping people to help themselves." Volunteer assistance and community input and direction are greatly relied upon. Here's some information on services offered in 1995:

Jack and Jill Playschool

Jack and Jill Playschool offers a learning-growing experience through play for the healthy development of 3 1/2 to 5 year olds. They meet half days on Tuesdays and Thursdays. Call Diane at 724-2400 for more information.

Parent Nursery

Parent Nursery provides children aged birth to pre-school with a stimulating environment and allows for exchanges of information and ideas between parents. They meet Tuesdays, Wednesdays and Thursdays from 9:30 to 11:30 a.m. Call president Juanita Buck at 724-4491 for more information.

Elk Point Child Care Services

Do you need child care arrangements for your child during the day while you are at work or at school? Would you like your child in a home which has a certificate in First Aid in Child Care, is government approved and is monitored regularly? Is it important that your children receive nutritious snacks and lunches and are exposed to a variety of activities each day? And what

about payment - wouldn't it be nice to receive a tax receipt for all the money you spend on child care? If you answered yes to any of the above, call Deanna Easthope, Elk Point Child Care Services Coordinator at 724-3933.

Babysitting Course

Do you enjoy children and want to earn some extra money? If you're 11 years old and over, register for our babysitting course and gain the necessary skills to be a certified babysitter. First aid training is included. Date and location to be announced. Call 724-3800 for more information.

Meals on Wheels

Meals-on-Wheels is a joint project between the Elk Point Hospital and FCSS. Meals-on-wheels provides hot, nourishing meals Monday through Friday to those who are unable to prepare their own (people who are ill, aged, handicapped, recovering from surgery or illness, etc.) Clients can receive meals on a part-time or full-time basis. Weekend meals can also be provided. Meals are prepared by the Elk Point Hospital and delivered by volunteer drivers. Meals are available all year long for a nominal cost of \$4 per meal. Call volunteer coordinator Olga Ruzycki at 724-3547 for more information.

Welcome Package

Have you just moved to Elk Point and would like to know what services are available in town? FCSS would like to welcome and familiarize new families to the services and pro-

grams available in town. Welcome Packages contain a community directory, volunteer directory, information on local groups and agencies, coupons, maps and more. If you, or someone you know, is new to Elk Point, call 724-3800 for more information or drop by and see us at 4902-51 Street.

Family Resource Materials

A collection of family and personal resources is located at the Elk Point Library.

Elks Van Bookings

The Elks Van is owned and operated by the Elk Point Elks Lodge. FCSS assists by coordinating all bookings for the van. For a minimum charge, non-profit community groups can use the van for their club's activities. For more information or to book the Elks Van, call 724-3800.

Community TV Channel

This free community service assists individuals and non-profit organizations in promoting services and special events. Messages are phoned in to FCSS and then once a week the messages are put on Channel 5 by volunteers. This service is also available for advertising involving a profit for a minimal monthly charge. Call 724-3800 for more information.

Community and Volunteer Directories

The Community Directory

lists frequently called numbers, meeting dates of local clubs, as well as a brief description of

the mandates of community organizations. The Community

(Continued on Page 8)

Sale - Sale - Sale

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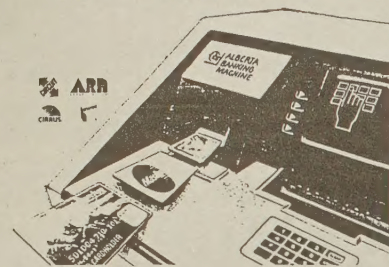
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We're making room for our exciting new spring collection, now arriving daily!

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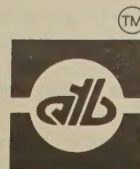
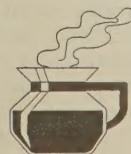
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View Points

Reasons to quit

When those of us who are now politely called 'middle aged' were youngsters, it seemed like everybody's dad, and quite a few moms as well, smoked. Many of us spent a lot of spare time rolling cigarettes in the old V-Master for our parents.

At that time, no one thought any the worse of people who smoked - it was just natural. Mind you, REAL ladies did not smoke while walking down the street, and there were a few other taboos, but those were more concerned with etiquette than anything else.

As we became teenagers, most of us took up the habit, although a lot of us, mostly girls, took great pains to hide the fact from our parents. Some of us quit as soon as we turned green from that first cigarette, some quit later on for various reasons, and some of us are still in there puffing - even some of those who vowed they'd "quit for sure when cigarettes get to a dollar a pack."

Tomorrow is Weedless Wednesday, and for those of you looking for motivation, here are the *Review's* very own lineup of reasons to quit:

1. You'd save a fortune. At half a pack a day, you could pile up \$800 by next Weedless Wednesday, and buy yourself a ticket to Hawaii.
2. Your new car wouldn't get to smell like an old and never-washed ashtray.
3. You wouldn't burn holes in your clothes, unless you are a welder or a dangerous cook.
4. You wouldn't risk dying of smoke inhalation, if you could also convince the rest of your family to quit as well, and if your house wiring is good.
5. You wouldn't have to worry about setting the newspaper on fire when you're reading it.
6. People would quit asking why you were trying to kill your kids/spouse/significant other with secondhand smoke.
7. The Department of the Environment would be happy.
8. You'd never have to wash ashtrays again.
9. You'd stop piling ill-gotten tax gains into the government coffers.
10. AND you'd get everyone, from your doctor, to your mother, to the *Review's* office manager, to a whole province full of health care professionals off your back.

Now, isn't that enough reason to butt out?

WINTERACTIVE

PARTICIPATION

Family Matters

How to criticize positively

By Dr. Arnold Rincover
Child Behavioral Psychologist

Criticizing a family member is so much a part of family life that most people don't even realize they're doing it. Research shows that about 77% of all things parents say to children are negative.

Too much criticism is a problem. It leads to bad feelings and it also leads to bad behavior. Criticism, however, can be an important tool to teach, to communicate, and to share likes and dislikes so family members can learn to get along together. The question remains - how do we give criticism in a positive manner? Here are a few basic principles to follow:

First, be selective. Don't criticize everything. Pick one thing to start with that is important to you or perhaps something that is easy to change. Have patience, other criticisms can be dealt with gradually.

Second, always find something to praise first. You have to put things in perspective. After all, the child is someone

you care about. It helps tremendously if you say, "I really appreciate it when you help with the dishes and take out the trash - it really eases the load on me - but can you do one more thing for me? I would like you to put your dirty clothes in the hamper at night. This would help me to know what's clean and what's dirty." Criticism, which is sincere, will not make the child feel like you're attacking everything they do.

Third, never just criticize or say that something is wrong. Always suggest a better way to do it. It makes no difference whether you are reviewing homework or instructing your child not to be sassy. It does little good if you just say, "Don't do that." It is always better to communicate how it can be done better.

Fourth, when the child does do something right, give them credit. Let them know about the things they do that please you. Everyone needs and deserves a compliment. Some

may say that a parent should be able to "expect" that some child-assigned tasks should be done "right" and that no special comment or acknowledgement is necessary.

The Fifth point is that communication is a two-way exercise in which feedback is an important tool. Listen carefully to your children. Try to be responsive and discuss concerns openly and honestly. Whether you agree or disagree, you should be genuinely interested in how they feel. If you appreciate their feedback - if you're sensitive to their concerns - they are likely to be equally responsive to yours.

These five principles aren't a cure-all. Through encouragement, praise and reduction of non-constructive critical remarks, you will ensure that most of what is said is positive. The benefits can be dramatic. There will be less fighting, more self-esteem, better quality of life for everyone leading to more positive, stable and enduring relationships.

Letter to the Editor

Casinos will devastate fundraising efforts

Dear Editor:

For-profit casinos in Alberta will likely devastate amateur groups in their fundraising efforts. Everywhere we hear stories of school groups, social service organizations, athletic groups, churches, and other charity groups who are already losing fundraising dollars to Video Lottery Terminals. Coupled with massive cuts in government funding, what are the consequences for them if they lose one of their other major means of support?

Another issue revolves around Tory MLA Judy

Gordon's Lottery Review Committee. The committee was struck to deal with issues such as Video Lottery Terminals (VLTs) taking gamblers out of the non-profit bingo halls and putting them in bars and lounges to spend their money. With one off-the-cuff comment, Premier Ralph Klein has broadened the mandate of the committee to now decide if Alberta should become "Vegas North."

Klein has still not adequately addressed the issue of problem gamblers in Alberta. If he gives the go-ahead to for-profit casinos, does he really think that only tourists

will use the facilities and take their addictions home with them? The problem of gambling addiction in Alberta is growing, largely because of VLTs. Does Klein think the problem will resolve itself by making gambling more available?

The Alberta Liberal Caucus is firmly opposed to for-profit casinos in Alberta, especially in our most pristine and treasured areas. The lure of easy money may grab Klein, but Albertans won't be fooled.

Yours truly,
Percy Wickman
Alberta Liberal
Lotteries Critic

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Youth Talent Quest slated for March 3

By Dee Pankiw

On March 3, 1995 the Elk Point Elks Hall will be the site of a preliminary show in the Edmonton Northlands Youth Talent Quest. The winner and runner-up from Elk Point will be invited to compete at Edmonton Klondike Days.

The competition is open to individuals and groups (up to 4 per group) who wish to demonstrate their talents in the vocal, musical, dance and variety categories. Contestants must be between 13 and 21 years of age. There will be from 10 to 20 entries competing for the first prize of \$100 and the runner-up prize of \$50. In addition to this, each entry will receive a certificate for a medium pizza, compliments of

Dave's Pizza in Elk Point. Other prizes are also in the works.

The audience will be treated to a display of the talents of these young people. They will also be given the opportunity to enter for a number of door prizes, including a pair of tickets to the Elk Point Community Choir's dinner theatre performance later in the month.

This is the second Talent Quest to be held in Elk Point. Last year's event provided excellent entertainment from sixteen performers who came from an area from Glendon to Lloydminster. There were several country singers, a dance troupe, and a rock band, all of whom gave great performances. So far, both Travis

Pankiw and the duet of Jamie Ballas and Tammy Flett have agreed to perform. The remainder of last year's performers will be contacted again, and we hope to have some new acts as well.

The Youth Talent Quest and the teen dance to follow are being sponsored by the Midget Thunder and Bantam Lightning Elks hockey teams. Music for the dance will be provided by Travis Pankiw. All proceeds will be donated to the A. G. Ross Arena Operating Committee to put toward the March mortgage payment on the facility.

Entry forms and information are available from Home Town Grocers in Elk Point and at all the local high schools.

Church youth group meets Friday

The Elk Point Christian Community Church's Friday Club is for students in grades 4 to 6. Different activities are planned for the second and fourth Friday of each month.

The first outing is planned for Friday, January 20 at 7 p.m., when the young people will meet at the Elementary School and then go

skating on the town rink. If it is too cold for skating, they will stay at the school for a night of games. Parents are asked to arrange to pick up their children at the school at 9 p.m.

For further information, contact 724-2646, 724-4039 or 724-2122.

Elk Point Saddle Slickers news

By Ashley Larson
Club Reporter

To start off the new year, we had a meeting at the Larson's residence on January 6, 1995 at 2:00 p.m. We discussed plans for the upcoming year. We would like to hold a poker rally trail ride for anyone that would like to come. We don't have much information on it as yet but we will be making a decision as to the time and place

hopefully by our next meeting. At our last meeting the 4-H members received instructions and practiced judging horse conformation. It was cold outside so everybody didn't take very long at doing that job.

Next week, on January 14, 1995 we will have our first riding meeting at the arena in Elk Point at 1:00 p.m. We will be learning how to ride our horses properly as well as having some fun after playing some games. Our next club meeting will be held on Feb. 4 at Daphne Schnurer's home at 2:00 in the afternoon. We will

be practicing for our public speaking contest which will be held on March 2 at the F. G. Miller Jr./Sr. High School at 7:00 p.m. I hope everybody will have a wonderful 1995 year.

Pioneer Circle Bingo

January 9, 1995

Jerry John \$15, Lillian Dion \$15, Jack White \$30, Stella Lorenson \$30, Walter Yaremkevich \$30, Joey Kilgour \$30, Viola Yarmuch \$30, Jack White \$30, Ann Palynchuk \$30, Lil Sass \$30, Pearl Slywka \$30, Samantha McKenzie \$30, Pearl Anderson \$30, Victor Yuschyshyn \$30, Bob Sparks \$30, Debbie Orr \$15, Patsy Zarowny \$15, Sylvester Gladue \$26, Samantha McKenzie \$40, Sam Barstad \$66, Olga Ruzyci \$50, Diane Dion \$103, Ann Palynchuk \$37, Rose Solway \$37, Jack White \$37, Lena Cap \$12, Tanya Orr \$12, Ann Palynchuk \$12, Adella Jennissen \$37.

Crusaders tearing up the courts

By Kelly Oszust

F. G. Miller High School

On Wednesday, January 11, the Senior High Crusaders played a basketball game against the Ashmont Falcons.

Despite what appeared to be intentional unsportsmanlike conduct from the Ashmont girls, the outcome was victorious for Elk Point. The girls racked up the game with a score of 63 - 38 and the boys won their game 63-36.

This Friday and Saturday the girls have a tournament in St. Paul. I'm sure that they will do great!

CERAMICS

Classes to start the week of
January 16 at Northbound 41 (Sears)
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Call Linda at 724-2844
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scours your stove not
the landscape.

Make a paste of baking soda and water.
Leave it on for a few minutes, then scrub
off. Clean oven right after use with same.

Many household oven cleaners are toxic and are potential hazardous waste. If you do use them, be aware that when the product is finished, its container should not be discarded with your regular garbage. Store it and all hazardous waste in a safe place for special waste collection or drop off your hazardous waste at a designated station.

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Sun. - CLOSED

GAS BAR
Mon. to Sat. 7 a.m. to 10 p.m.
Sunday 9 a.m. to 10 p.m.

FOOD FLOOR
Mon. to Fri. 9 a.m. to 9 p.m.
Saturday 9 a.m. to 6 p.m.
Sunday 10 a.m. to 5 p.m.

CAFETERIA
Mon. to Thurs., & Sat.
8 a.m. to 5:30 p.m.
Friday 8 a.m. to 9 p.m.

ELK POINT STORE
Mon. to Thurs., & Sat. 9 a.m. to 6 p.m.
Friday 9 a.m. to 9 p.m.
We reserve the right to limit quantities

SENIOR'S DAY -- Senior's Day is the first Wednesday of the month at St. Paul Co-op and Elk Point Co-op Stores.

St. Paul &

DRUGS
Mon. to Thurs. & Sat. 9 a.m. to 6 p.m.
Friday 9 a.m. to 9 p.m.
Sunday - CLOSED

FOOD FLOOR

Sale Ends January 21, 1995

SLICED BACON
Harmonie
500 g

\$1.49

Macaroni or Spaghetti
Splendor

2 kg **2.39**

Ice Cream
Fiesta or Harmonie

4 L Pail **3.69**

2% Milk
Numaid or Horizon

2 L **1.69**

Ramen Noodles
Co-op

85 g **5/99¢**

FROM THE MEAT DEPARTMENT

Wieners
Country Morning Reg or All Beef

450 g **1.49**

Cooked Ham
Harmonie Sliced

175 g **1.49**

Tony's Pizzas
Vans 9" Assorted

375 g **1.49**

FROM THE PRODUCE DEPARTMENT

Soft Drinks
Harmonie

2 L **79¢** + Dep.

Oranges Navel
Approx. 12 lb. Box

7.99

Kiwi Fruit

5/1.00

FROM THE BAKERY NOOK

Sweet Buns
Assorted

Pk of 8 **1.49** Each

Angel Food Cake
Poppyseed or Plain

1.69 Each

District Co-op



WE WILL ACCEPT MOST COMPETITORS COUPONS

MEMBER'S DAY -- The first Tuesday of every month is Member's Day. Co-op members receive **10% OFF** on all purchases made on the Food Floor with the exceptions being: prescriptions, cigarettes and tobacco products and meat freezer orders.

FAMILY ALLOWANCE CHEQUES *
CHILD TAX CREDIT -- Members using their Family Allowance Cheques to purchase food or clothing will receive a **5% DISCOUNT** on their purchases in these departments.



Your Co-op puts every effort into providing you with high quality products and excellent service. If, for some reason, you are not completely satisfied with your purchase, come back to your Co-op. When you leave, you'll be satisfied...we guarantee it. At Co-op, getting satisfaction is hassle free. Guaranteed!

For your convenience, we accept Bank Debit Cards at all Co-op Locations of St. Paul Co-op Mall, Elk Point and Gas Bar. No need to carry cash, make payment by Direct Debit.

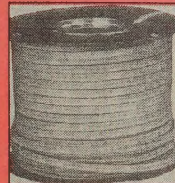
HOME CENTRE & FAMILY FASHIONS

January 9 - 21, 1995



JANUARY

Home Renovation SALE



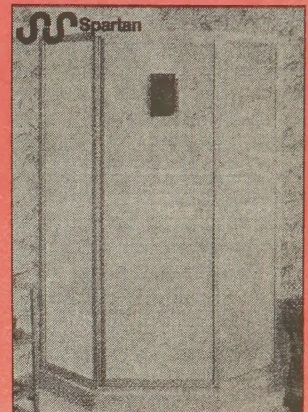
NMD-90 14/2 Electrical Wire

For household wiring. 75 metre roll. 267 690 **24⁸⁸** each



Polyethylene

Light **4⁴⁹** ea.
Medium **8⁴⁹** ea.
Heavy **10⁴⁹** ea.



Neo-angle shower Stall

Complete unit includes styrene walls and safety tempered glass door and side panels. door has full-length handle and magnetic seal. 38"x38"x73" high. White (153 536) or chrome (154 005). **349⁹⁹** each



CO-OP Interior Latex Drywall Primer

Quality primer for use on drywall or plaster. Can be top-coated with either latex or alkyd paint. 3.78 litres **9⁹⁹** each

CO-OP Interior Latex Primer/Sealer

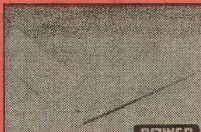
For interior porous surfaces such as composition board, gypsum wallboard or masonry. Exception "hold-out" gives an even topcoat finish. 3.78 litres 18 1/2 149 **14⁹⁹** each



Manville Gold Fibreglass Insulation

Made with a minimum of 30% post-consumer bottle glass. Friction fit batts are easy to install, won't settle and last virtually forever.

R12x15" **26¢** sq. ft. R20x15" **43¢** sq. ft.



48" Fluorescent Fixture

Energy-saving fixture uses two 40-watt tubes (not included) **22⁸⁸** each

2x4 Wood Studs

Suitable for all types of home construction and renovation projects.

1²⁹ Economy **3²⁹** Stud grade

Shop Family Fashions for good quality clothing and service with a **SMILE!**

January Inventory Sale

in Family Fashions at the St. Paul Co-op Mall

SAVE! SAVE! SAVE!

January 16th to 21st, 1995

50% off (as marked)

Ladies' & Men's Winter Jackets, Ski-doo Suits & Ski Pants, Duck Parkas & Ski Pants, Lined Vests, etc.

Ladies' & Men's Winter Sweaters & Cardigans & One Rack of Ladies' Winter Dresses

Ladies' Winter Co-ordinates

30% off
Ladies' Flannelette
Nightwear

30% off
A Rack of Ladies' &
Men's Terry and Velour
Bathrobes

30% off
Footwear Department
3 styles (as marked)



Each time you make a purchase, your equity in your Co-op grows.

Co-op Member News

St. Paul Co-op Earns Patronage Refund

The St. Paul & District Co-op has earned a patronage Refund of **\$814,000** from Federated Co-ops Ltd. (FCL). This return represents the savings that St. Paul Co-op created by owning and using the FCL wholesale organization.

As a member of FCL, the St. Paul & District Co-op shares in the ownership of the Co-op Refinery in Regina, a Lumber Mill & Plywood Plant in Canoe, B.C., seven Feed Plants and four major Warehouse Distribution Centres in western Canada.

This is the largest FCL patronage refund ever received by the St. Paul Co-op. The St. Paul Co-op board of directors will be deciding how to use the refund at their special planning session. Paying off the long term loan, paying out the equity of retiring Co-op Members, facility upgrading and an allocation to Co-op Member based on their purchases will be some of the ways that the refund will be used.

The large FCL refunds combined with improved operating results in recent years has put the St. Paul & District Co-op in a very strong financial position that will allow the Co-op to better serve the needs of our Co-op members.

Bob Scott
General Manager

The year just past - a review of 1994

...And now for a look at the second half of 1994:

July -

Canada Day saluted the International Year of the Family, and was attended by over 200 descendants of fur trader Peter Fidler as part of their reunion... Erica Nielsen of Elk Point and CJ Best of Heinsburg were among the trophy winners at Whitney Lake Rodeo... Three oil companies and a service company operating in the Elk Point area agreed to share the cost of a recent cleanup of an oily substance from the Town's sewage lagoon... Elk Point was approved for \$178,582 in funding under the Canada/Alberta Infrastructure Works Agreement, and immediately got to work on their utility line and street upgrading program... Theodore and Doris Ludlage and family were named the County of St. Paul's Farm Family of the Year... Cowboys rode high and the weather cooperated at the Stoney Lake Stampede... Diane Babcock was the overall champion at the 4-H Saddle Slickers Achievement Day... Elk Point was looking good due to response to the beautification concept... Buddy Bensmiller won the Calgary Stampede aggregate award for nine days of racing... Amoco Canada said they are considering amalgamating their two treatment plants into one because of waning production in the area... MLA Paul Langevin met with constituents in Heinsburg and Elk Point to hear their concerns... Lee Johnson of the Elk Point Lioness Club received a Melvin Jones Fellowship, the foundation's highest honor.

August -

Clan Days at Fort George -

Buckingham House featured multicultural entertainment and a fur trade skit... Town Council gave first reading to a new dog bylaw which would have large fines for those who do not obey it... Joni Matthews won two national gold medals in Ottawa... Elk Point's Town Office got a new look, with trees removed and a new roofline added... Christina Brown edged out six-time winner Norma Berg for the Elk Point Fair's Grand Aggregate... Vandals attempted to burn down the gazebo at the Elk Point Recreation Park... Elk Point Surface Rights Association bid farewell to Bryan Campbell, departing superintendent of Pan Canadian Petroleum's Elk Point office... Art Britton added another Elk Point Oilmen's Golf Tournament championship to his collection... Doug Irvine of Lindbergh shared the year end glory as he outrode for 1994 NPCA Champion Brian Laboucane... Shanna and Charlene Baker shared the winner's circle at the Summer Horse Show... Jana Wade was crowned Frog Lake Princess at the very well attended PowWow... FCSS moved to their new location... Reverend Norman Hartley and his wife Jill arrived in Elk Point and were welcomed by the United Church congregation... George and Irene Jacobson celebrated their diamond wedding anniversary.

September -

CJ Best won the novice horse riding at the Lakeland Finals Rodeo... Elk Point Chamber of Commerce reported a 10 percent increase in the number of visitors at the Tourist Information Centre... A Community Advisory Policing

Committee was formed by volunteer representatives from the community... Trappers and traders were saluted as the third season at Fort George - Buckingham House wound down... A new flag and banner design was approved by Town Council... Participation and fundraising both increased at the Terry Fox Run... The A. G. Ross Arena's future was still in limbo as an information meeting was held to discuss the

possibilities of its purchase by the Operating Committee... A 78-year-old pedestrian, Della Povaschuk, was critically injured when struck by a car as she crossed 50th Avenue... Town Council called a by-election following the resignation of Vernon King, who moved out of the community... Chris Kittlitz won ten awards at F. G. Miller High School's annual Awards Night... Marion Rose, who spent part of her child-

hood in Elk Point more than 60 years ago when her father was United Church minister here, was welcomed back with a tea hosted by the Historical Society... Benne and Justin Berg won two awards in the province-wide Cowkid Poetry Contest... Information Night was well attended and filled with interesting displays... Elk Point's Provincial Court House closed its doors as a victim of deficit cuts.

Elk Point 4-H Multi Club update

By James Babenek

Club Reporter

The 4-H Club members had an information day at the Farm Fair in Edmonton. A lot of fun was had at the rodeo.

Weigh Day went well due to great organization. We broke even in the volleyball tournament in Myrnam with 3 wins and 3 losses.

Several members travelled to Hylo on November 26, 1994 for the 4-H Forum. The day consisted of an information session, an awards session with a banquet to follow.

The 4-H Club donated some money toward the "First Night" fireworks. Club members went to play games with the patients and residents at the Elk Point Hospital and Parkview Extended Care. Hot chocolate and hot cider were served at the First Night Celebration by the 4-H members.

The next 4-H meeting will be on January 18, 1995.

If you are interested in buying a 4-H cookbook or 4-H greeting cards, call in at the Elk Point Review office.



UP TO A FULL 48 MONTHS
ON MOST REMAINING NEW
1994'S IN STOCK, INCLUDING



1 ASPIRE



1 PROBE



1 RANGER (4-cyl.)



1 MUSTANG



1 TAURUS



4 F150 REGULAR CABS
(2 or 4-wheel drive)

OFFER EXTENDED
THROUGH JANUARY 28

*Also available on 1994 Escort, Tempo, Topaz, Sable, Thunderbird, Cougar, Crown Victoria, Grand Marquis, Lincoln, Villager, Aerostar, Bronco, and Econoline.

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Enter your name today for our Free Classic Cake Draw. 2 cakes will be drawn each Tuesday on Jan. 17, Jan. 24, Jan. 31, Feb. 7.

Name: _____

Address: _____

Phone: _____

Deposit in St. Paul Dairy Queen today!

What's News at the Library

Check out the Library's new look!

By Michele Duczek
Librarian

There is a new look to one area of the library. Last summer, Diane Pashulka did some new wall decorations for the children's area, and we got them laminated and hung them on the wall. Some of the most popular characters from picture books are represented. Come down and see if we have your favorite. It is a bit of a visual shock when I turn the corner and there they all are. It's like a whole new room.

THANK YOU

KOZICKY

The family of the late Rudy Kozicky wish to express our heartfelt thanks to the many people who supported us in the loss of our husband and dad. Thank you to all those who helped Rudy when he collapsed. Thank you to the ambulance staff, and to Drs. McNeilly and Ramful and the nurses at Elk Point Hospital. Thank you to those who were with the family at the hospital during that difficult time. Thank you to all those who called, visited, sent food, flowers, cards, gifts, memorial donations, and prayed for us. A special thanks to all those who participated in the services: Pastor Jim, Father Ed, pallbearers, Sherry Ozust, Gabe Bayduza, and members of the choir. Thank you Diana Anderson for a beautiful eulogy. Thanks to the ladies of the Royal Purple who served lunch. Special thanks to the Kozicky and Van Eck families for their support, and especially to Maryann and Gary for decorating the chapel and hall with beautiful poinsettias, and for the beautifully appropriate wreath. To all those who attended the services — thank you for the comfort of your presence. Thank you to John and Caroline Yewchin for your kindness and compassion. Last but not least, thank you to my two special "angels", Joanne Hutton and Christine Uttley, who never left us and supported the children and myself through a very trying time. To everyone who continues to call and visit, a sincere thank you — you make our days easier. Words cannot express how touched we are by the caring of so many people. God bless you all.

Bernie, Greg, Jan,
Sara & Lisa Kozicky

I recently celebrated my first year in Elk Point and I have to say it's been a great year. At the risk of jinxing the weather, January 1995 is shaping up better than January 1994. At least it isn't snowing every day.

In the past year there have been a few changes at the library and those of you who haven't visited in a while might be surprised. Changes are continuing. I'm still rearranging the books on the shelves. I may never be done that particular task as I'm always wondering if there isn't a better way.

THANK YOU

ELIUK

The families of our dear Mother, Vera Eliuk, would like to thank Dr. Drew Ramful and the wonderful staff at the Elk Point Municipal Hospital and the Parkview Nursing Home in Elk Point. A special thank you to John & Carolyn Yewchin for their compassionate assistance, Father Lipinski, the Cantors, the Cross bearer and Pallbearers. Our Mother was a very special lady, she touched the hearts of all who knew her. She will be greatly missed by all of her children, grandchildren, great-grandchildren and their families. I would also like to thank all of my wonderful friends and family for the flowers, the food and baking brought to my house, the phone calls and cards. Your concern and compassion was greatly appreciated and will never be forgotten. Thanks again and God Bless You All.

The Bowen, Shesky
and Eliuk Families

There have been additions to all the collections and more come in regularly, both purchased and donated. I want to thank everyone who donates books and other materials to the library. Donations fill out the collection in wonderful ways, especially the paperbacks and videos.

Speaking of paperbacks, one of our major projects was to sort the adult paperbacks by the various genres and then place them on spinners in some sort of alphabetical order. I think this makes it easier for readers to find their favorite type of book as well as author and enables them to discover other authors in the same genre. The response to this change has been very positive.

IN MEMORIAM

ORR, Jake

In memory of Jake Orr, who passed away January 18, 1990. Though I was just a little boy that very fateful day, I wondered so, I could not understand why God had so suddenly taken you away. Time has past and years have gone by But I still remember even though we've been apart Your smiling face, your strong hands and the love you had for me Those memories I cherish so dearly in my heart Will stay with me for an eternity. Sadly missed and always remembered by Kelly and Family.

A lot has happened in the past twelve months and a lot will happen in the future. Right now I'm looking at the shelves and wondering if it's possible to hang them from the ceiling

(just kidding!). Stop by and see what's new at the library.

LIBRARY CALENDAR:

Friday mornings - 10:30 a.m. - Storytime - come out for stories, crafts and more.

DID YOU KNOW:

Edgar Allan Poe was born January 19, 1809.

It's a Boy!!!



Garry & Donna Gulayec are very pleased to announce the arrival of their first grandchild.

Carson Ross Spitzer
Congratulation Carmen,
Dan and Carson

COMMUNITY NEWSLINE

Al-Anon Family Group Meeting, Room 605, Elk Point Municipal Hospital, Wednesday evening at 8:30 p.m.

Alcoholics Anonymous meeting, Wednesday at 8:30 p.m., Room 604, Elk Point Hospital.

T.O.P.S. meets every Wednesday, 6 p.m. - 7 p.m., Old Courthouse, west door, Elk Point.

"Welcome Package" available for newcomers moving into the town of Elk Point. If you would like to receive a package, please call Elk Point Community Services at 724-3800.

Recycle Your Paper - Paper trailer is located at the Universal Bottle Depot - 5214 Railway Ave. We take newspapers, flyers, computer and bond paper. No cardboard boxes, milk or egg cartons, phone books or glossy magazines. Please sort and bundle with string or put in cardboard boxes.

Elk Point Public Library - Mon. - CLOSED; Tues. 10 a.m. to 5 p.m.; Wed. 2 p.m. to 9 p.m.; Thurs. and Fri. 10 a.m. to 5 p.m.; Sat. 10 a.m. to 3 p.m.; Storytime - Fri at 10:30 a.m. ☽ Photocopies. Extended library services and reliable information sources. Public meeting space available to non-profit organizations at no charge. Please call the Elk Point Library for booking at 724-3737.

The Elk Point Legion now meets on the 2nd Tues. of each month at 7:30 p.m. in the Seniors' Centre.

Elk Point Auto Club - meets at the Empress Restaurant, Elk Point, the 2nd Wednesday of each month. More information call: Ed Smith at 724-2527.

Elk Point Olettes regular meeting is the 1st Thursday of the month. For more information, call Fay at 724-2036.

Farmers' Market and Garage Sale - New and Old, Fridays 12 noon - 4 p.m. in the United Church Hall, Elk Point. Tables are \$5. To book a table call Lois 724-3823 or Sharon 724-3803.

Elk Point & Area "Stop Family Violence" Support Group - meetings are held 2 times a month. For more information call 724-2380.

The Elk Point Support Group - meets on the 1st and 3rd Tuesday of the month at 7:30 p.m. More info: 724-2203 or 724-2380.

Adoption Support Krew - meets the 2nd Mon. of every month at Social Services Bldg., St. Paul from 7:30 - 9:30 p.m. For more info call 724-3031.

Many Albertans gamble as a form of recreation. For a small minority, however, gambling becomes a problem. If you or someone you know is experiencing personal, social or financial problems as a result of their gambling, confidential help is available. Call 1-800-665-9676.

CHURCH SERVICES

Elk Point Baptist Church

10:00 a.m. - Sunday School; 11:00 a.m. - Worship Service; Evening Services - Alternately held at the Heritage Lodge and Hospital; Tuesday, 10:00 a.m. - Ladies Bible Study (Child Care provided)

United Church of Canada
Elk Point

CHURCH OFFICE HOURS
Normally - Mornings Tuesday to Saturday;

WORSHIP SERVICES

Sunday - 10:00 a.m. Church Service; 10:00 a.m. Sunday School

Elk Point Christian
Community Church

Call Laurie or Jerome Keichinger at 724-2646 for service times.

Bible Fellowship Church

Clandonald
Services held every
Sunday at 11:00 a.m.

St. Michael's
Catholic Church
Sunday Mass 12 p.m.

Bethel Lutheran Church
of Lea Park
Sunday Worship Services, 10 a.m.

St. Vladimirs' Ukrainian
Orthodox Church
Elk Point

For service times, call 645-5156, St. Paul or 724-4351, Elk Point.

ELITE THEATRE

Movie Information Lines

St. Paul, 645-3448. Two Hills, 657-3339
Feature Subject to Change Without Notice

LAST 3 DAYS

Jan. 17, 18, 19



Rated: Parental Guidance

WESLEY SNIPES
DROP
ZONE

Rated: Mature with violence throughout

STARTS FRIDAY

January 20 - 26

WALT DISNEY PICTURES Presents

RUDYARD KIPLING'S
THE
JUNGLE
BOOK

PG



Rated: Parental Guidance with violent scenes

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Info Line for Showtimes
645-3448 & 657-3339

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13 Livestock	100 Display Ads

2 AUTO

1991 GMC 4X4 - 350 auto., air conditioning, good clean condition. Asking \$10,800. Call 645-5792. J24

1981 DODGE 4x4 - 1/2 TON - 360-2 barrel, shortbox, new Hankook 225 tires, \$2,800 obo. Phone after 5:00 p.m. 645-4508. J17

1990 FORD F150 - a/c, trailer control and hitch, command start, 2 sets of tires and rims, (studded grip and all season radial). Only \$4,900 obo. 645-6933. xxx

1993 GRAND CARAVAN LE - 3.3 L engine, white with blue interior, 43,000 kms, fully loaded. Phone 724-2683. J24

VEHICLE VALUE LINE 1-900-451-3002. Selling your car or truck? Call VVL for current market values on 1985 to 1994 models. Prices are based on thousands of vehicles sold in the past 4 months. VVL appraiser will compare your vehicle to the database and provide wholesale market and recommended selling price. Call VVL today for accurate, up to date vehicle price information. \$15 for the first 5 minutes; \$2.50/min. thereafter, Monday to Saturday 9 - 5. 4-3-3

2 AUTO

Consign your car, truck, motorhome, motorcycle with confidence.

**Ron at
Specialty Motor Car**
5037-50 Ave., St. Paul - 645-6998

4 BUSINESS OPPORTUNITIES

ALEXANDER NEWS CORP. - A newspaper and communications company based in central Alberta has filed a preliminary prospectus with the A.S.C. For more information 1-800-893-8005. 7-3-3

HAIR SALON. Busy salon in growing community of Canmore. \$35,000. plus inventory. Excellent return. Send inquiries to: Box 18 c/o AWNA, #360, 4445 Calgary Trail S., Edmonton, T6H 5R7. 7-2-4

WHY BUY? Drive a new vehicle of your choice. Write off the cost. Payments from \$249. per month. No down payment. Phone 403-630-4515. 7-1-3

4 BUSINESS OPPORTUNITIES

RESIDUAL INCOME. No selling - No inventory - No investment. Not MLM. Not Amway. Earn money part-time or full-time doing what you're already doing now for free. Guaranteed results. Variety of home and health care products. Excellent opportunity for non-profit organizations. For further information contact J. Friesen at toll free 1-800-267-1014. 7-1-3

THE ULTIMATE OPPORTUNITY with financial independence, marketing a world known Canadian Mfg. water distiller with unlimited earnings available to you, as your business is limited only by the size of your ideas. We offer an outstanding marketing program, national wide payment plans. Minimal investment required. Contact: Polar Bear Health Wise Water Wise, 9008-51 Ave., Edmonton, AB, T6E 5X4, 403-463-1674 or fax 403-440-4914. 7-1-3

SMALL BUSINESS OPPORTUNITY full/part-time. Operate from home or supplement current business. Excellent profit - low investment covered by desktop signage machine. If you are serious about making money on a legitimate high demand product phone (403)454-2459 or write: 14511 - 121A Ave., Edmonton, AB, T5L 2T2. 7-1-3

22 BILLION DOLLAR industry, weight-loss! No dieting or pep-pills! Malabar Tamarid Fruit inhibits fat and cholesterol assimilation. Convenient tablet form. Call Ron, voicemail (403)347-0920 ext. 12. 7-1-3

EARN THOUSANDS cleaning VCR's at home! Guaranteed! Easy to do. Learn in one evening. Complete illustrated manual \$20. Profactor Marketing, Box 4272, Regina, SK, S4P 3W6. 7-1-3

REDUCED \$35,000. for serious buyers. Professional Laundromat. Newest, largest, nicest you have seen. \$115,000. First cheque takes it. Lethbridge Center, Postal Box 25025, Lethbridge, T1J 4P6 or fax 380-3379. 7-1-3

PRINT SHOP for sale. Barrhead, AB. Established more than 20 years. \$30,000. Phone or fax 1-403-674-3503, Box 4532, Barrhead, AB, T7N 1A4. 7-1-3

NETWORK MARKETERS, new in Canada. Pays in gold coins and U.S. dollars. Looking for key people in your area. Excellent training and support. 1-800-634-7112. 7-1-3

6 EMPLOYMENT OPPORTUNITIES

BORDER EQUIPMENT - Has a position available for a heavy duty journeyman mechanic. Competitive wage and benefit package. Send resumé: 5109-62 St., Lloydminster, AB., T9V 2E3, fax 403-875-5769. J17

PARTSMAN REQUIRED IMMEDIATELY - Experience preferred. Send resumé to: Elk Point Auto & Industrial Supply, Box 809, Elk Point, AB., T0A 1A0. xxx

EXPERIENCED WELDER/MECHANIC for cow/calf and feedlot operation. Must be capable of doing all maintenance and repairs, and will be doing field work. Some cattle work is possible. New four bedroom home in separate yard. Excellent benefits and wages are negotiable. Three employment references required. Phone John or Dale (403)577-2352, Cross Bar Ranch, Consort, AB. 13-2-4

MANAGER REQUIRED for thriving meat department. Successful, independent IGA. Excellent salary, benefit package. Apply in person or write to: Bonnyville IGA, 4428 - 50 Ave., Bonnyville, AB, T9N 1B6. 13-2-4

REQUIRED IMMEDIATELY - Newspaper production Mac operator with Quark, Illustrator and Photoshop experience. Excellent wage and benefits. Fax resumes c/o Northern News Services, Yellowknife, N.W.T. 403-873-8507. 13-2-4

6 EMPLOYMENT OPPORTUNITIES

THE TOWN OF SPIRIT River is seeking a Public Works Foreman. The successful candidate should have Alberta Environment Level 3 W.T.P. Certificate w/s certificates, organization skills. Knowledge of municipal operations and equipment. Equivalents will be considered. Please forward resumé with salary expectations by Jan. 27, 1995 to: Town of Spirit River, Box 130, Spirit River, AB, T0H 3G0. Phone 403-864-3998, fax 403-864-3433. 13-2-3

WANTED: Person to train as pen-rider/animal health technician. Fax resumé to: Adams Ranch Ltd., Czar, AB, T0B 0Z0. Fax (403)857-2120. 13-1-3

WANTED: Contract log trucks for winter work. 30 miles bush road and 18 miles highway. Low traffic, competitive rates, fuel efficient haul. Possible year-round employment. Call 1-403-523-4544. 13-1-3

RAINBOW EQUIPMENT INC. requires a part-time secretary/bookkeeper. Experience required - Accounts payable/receivable, payroll, inventory control, knowledge of financial statements, computer skills a definite asset. Send resumé to: Mark Boyson, Rainbow Equipment Inc., Box 760, Cardston, AB, T0K 0K0. 13-1-3

WORKING FOREMAN position for works and utilities services. Supervision of subordinate staff, operating, maintaining large equipment, installations, repairing underground utility systems. Construction, maintaining streets etc. Minimum 3-5 years bondable, valid, Alberta Class 5 drivers licence, air brake endorsement, WHMIS. Wages per union contract 1995 rate of pay \$17.06 per hour. Resumes by Jan. 27/95. Wm. Prentice, Manager. Works and Utility Services c/o Town of Brooks, Bag 880, Brooks, AB, T1R 1B7. 13-1-3

AWARD-WINNING weekly newspaper published in Saskatchewan potash-mining community requires reporter, photographer. An interest in sports is desirable. Those interested should fax or mail a resumé to the publisher, Robert Koskie, The Miner-Journal, Box 1,000, Esterhazy, SK, S0A 0X0. Fax (306)745-2699. 13-1-3

AGGRESSIVE AUTO SALES people required immediately for Ford Mercury dealership. Self motivated a must, no experience necessary. Call Brent Denham, Wetaskiwin, AB, 403-352-6048. 13-1-3

LICENSED MECHANICS required for Mercury dealership in Wetaskiwin, AB. Great benefit package and pay plan. Contact Brent Denham, Edmonton direct 403-428-1589 or collect 403-352-6048. 13-1-3

FREEMAN INTEGRATED funding on behalf of STARS Air Rescue. STARS, 25 canvassers needed now. Full-time road crews for door to door. Calendar campaign. Free to travel. Paid cash. Call Mike 1-800-308-1437. 13-1-3

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WESTERN CANADIAN SCHOOL of Auctioneering. Next course March 6 - 18/95. For a free brochure call (403)777-9388 or 1-800-252-3313 or write to: 8315-40th St., S.E., Calgary, AB, T2C 2P1. 8-1-3

6 EMPLOYMENT OPPORTUNITIES

**Vac Truck Operator
REQUIRED**
Experience and related tickets required. Please call 724-3026 -- 9:00 a.m. to 5:00 p.m.

**Employment Opportunity
B Pressure Welder**
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7 ENTERTAINMENT & EVENTS

THE ONLY GAME in town. Carbon AG Society's Instant Rancher Raffle: 1995 GMC 4X4 1/2 ton truck, 30 heifers, 1995 holiday trailer, 15 heifers, 5 heifers. 5 cash prizes totaling \$10,000. (Total prizes of \$120,342). Price \$50., 5,000 tickets printed. Draw Mar. 11, 1995. Phone (403)572-3133, Terry Reed. Box 9, Carbon, AB, T0M 0L0. Visa and Mastercard accepted. License #R110365. 10-8-10

MANAGING AGRICULTURE FOR PROFIT '95 Conference, Red Deer - Jan. 31 to Feb. 2. Leading-edge agricultural information. Contact Alberta Agriculture or Agriculture Financial Services Corporation, or call 1-800-387-6030. 10-8-4

PLAY LIONS TV Bingo every Sat. 4:30 p.m., CFRN-TV. Cards available at most drug stores in the CFRN-TV viewing areas. 10-1-3

8 FEED & SEED

FOR SALE - Derby oats grown from breaking, 42 lbs. per bushel. Phone 724-2214. J31

ROUND HAY BALES - Reasonably priced. 110 second cut, 290 first cut, alfalfa / brome. Border Collie Pups to give away: 2 females, 1 male. Phone 724-2521. J24

SALE OR TRADE - Large round mixed hay bales; large round Timothy straw bales; and feed oats. 42 lb./bu. (May not be advertised again!) Vic Labant 645-2342. J17

MIXED HAY (St. Paul Area): 800-900 lbs. No rain. New \$13.00/bale; old \$8.00/bale. Ph. 1-403-464-7969. J17

9 FOR RENT

FOR RENT - 4 bedroom house, heated garage, convenient location, finished basement. Available Feb. 1, 1995. References required. Ph. 724-2061. J24

FOR RENT - 3 bedroom house in Elk Point. 403-366-3842. J24

FOR RENT - 2 bedroom house in Elk Point, references required. 724-2394. J17

1 BEDROOM HOUSE newly renovated, fridge, stove included, easy walking distance to downtown or hospital, \$325 per month, no pets. Very reasonable utilities. Call MacFarlane's 853-6484 Vermilion. xxx

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3 BEDROOM HOUSE in Central Elk Point, includes utilities, \$500.00. Phone 1-435-1481. xxx

10 FOR SALE

FOR SALE - NOMA 20" snow blower, track drive, 4 hp, Tecumseh motor. 724-2837. J17

LIQUIDATING store fixtures/equipment, showcases, counters, shelving, garment racks, etc. 9115 Stadium Road (107 Ave.) Edmonton. 403-420-0345, 426-2540, fax 403-426-7072. 19-1-3

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Tuesdays - \$3.00 per week + G.S.T.

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Corrections - The publisher will be responsible for only one insertion as a correction. It is the responsibility of the purchaser of the classified ad to check their ad after the first publication and let us know if there is a mistake before the next insertion is printed. **The publisher will not be responsible for errors in classified ads that have been phoned.**

Place your order at either of our offices:

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Elk Point Review - 724-4087

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10 FOR SALE

FUTURE STEEL BUILDINGS - Quonsets 25' X 30' \$5,462., 30' X 40' \$6,593., 35' X 50' \$8,478., straightwall quonsets 25' X 30' \$5,922., 30' X 40' \$6,999. Endwalls, sliding doors, freight to Edmonton, GST included 1-800-668-5111. 19-1-3

SHEEPSKIN PRODUCTS Australian slippers, boots, fleecy boot liners, gloves, mitts, hats, rugs, car seat covers, vests, mattress overlays. Credit card orders 1-800-667-2261. Dealer inquiries invited. 19-1-3

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13 LIVESTOCK

FOR SALE - 2 big Holstein Heifers to calve approx. Mar. 1. Bred to exceptionally good Saller bull. 403-847-2257. J24

FOR SALE - 1 High Percentage smooth polled long yearling Saller bull. A1 out of "SLAMMER" quiet and tie-broke, both parents polled. 403-847-2257. J24

REGISTERED RED ANGUS BULLS - And Purebred Simmental Bulls; Red Angus X Simmental Bulls; Purebred Red Angus Heifers. (Performance tested). Fontaine Caryl Farms 645-6595 or 645-2434. May16

YEARLING ABERDEEN ANGUS BULLS - R.O.P. tested, good selection of bloodlines from top A.I. sires; variety of bulls for every need. NEABBA member. Phone Collin, 726-3764. F7

FOR SALE - 2 Sorrel Belgium cross fillies; one registered Quarter Horse Stud Colt. Phone 636-3946 after 6:00 p.m. J17

FOR SALE - Polled Hereford Bulls, Polled Hereford Heifers. Phone 724-2214. J31

FULLBLOOD LIMOUSIN BULLS - Easy calving, 2 year olds and 1 year old. Also 16-ft. hitch horse trailer, 2 year old, spare, mats. \$4,450 obo. 645-6933. xxx

HILL 70 QUANTOCK BULL SALE - Sat., Feb. 4, 1995, 12 noon, Lloydminster Exhibition Grounds - 80 Hereford Bulls, 75 Red Angus Bulls, 50 Charolais Bulls, 15 Black Angus Bulls; 400 head of Commercial Females (R.A. X Herf, R.A. X Simm, Black Baldies, Commercial Herefords - breds and calves). Bob Christensen - cowboy poet live Feb. 3, 1995, 7:30 p.m. Call Bill 1-800-665-7253 for more information. J24

LIMOUSIN BULLS FOR SALE - Yearlings and 2-year-olds, purebred and fullblood. Contact Donresa Limousin 768-2241. J24

NORTHEAST ALBERTA BEEF BREEDERS ASSOCIATION - All Breds Bull Sale, February 20/95, 1:00 p.m., Action Barns, 2-1/2 miles east of Bonnyville (Hwy. 659). Info. or catalogue 645-1881; 826-2673. Feb14

SELLING 60 BIG CHAR CROSS HEIFERS - Early calving Feb., bred Red Angus and Sallers. Phone Henry 367-2380, George 367-2387 before 8:00 a.m. or after 6:00 p.m. J24

BLONDE D'AQUITAINE BULLS - For sale, Rock Valley Blondes. 645-3144. May30

13 LIVESTOCK

YEARLING AND 2-YEAR-OLD MAINE ANJOU BULLS - Blacks and Reds, also percentage and purebred heifers. Phone 635-2592. xxx

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FOR SALE AFRICAN Boer goat embryos. Pregnant recipients or kids. No quarantine required. Also ostriches and emus. Office 403-249-9155, residence 403-242-5464. 26-5-3

SIM-BULL BONANZA offering 170 range tough Simmental bulls. 60 - 3 year olds, 94 - 2 year olds, 13 - yearlings. Your opportunity, big selection, top quality all at one place. Nilssons Bros. Inc., Clyde, Alberta at 12 p.m. on Jan. 28, 1995. Breeders: Chase Cattle Co. and Highway 2 Simmentals. Contact Wes Petterson at 403-939-5876. 26-3-3

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RIDE THE BEST: Ride a Lynx West. Yearlings and more out of well bred mares. 1958 Chev 1/2 ton fleetside, California cab, very good. (403)785-2094. 26-1-3

16 MISCELLANEOUS

FOR SALE - Store fixtures. Metal shelving, stacking baskets, check out counters, dump bins. For more info. call 645-5589. J24

FOR SALE - Like new beauty salon equipment, sun tan bed and various small items. Down sizing - must sell! Phone 645-3255 (days) or 826-1784 (evenings). J17

POETRY CONTEST \$24,000. in prizes yearly. Possible publication. Send one original poem 20 lines or less: National Library of Poetry, Box 704-1367, Owings Mills, Md, U.S. 21117. 30-1-3

NOTICE

Please take notice that
Brian McLeod

is no longer responsible for any debts incurred by his wife,
Heather McLeod,
effective January 11/95

18 PERSONAL

LIVE PSYCHICS. Police use us... Harness your destiny. Your present and future revealed. Love - Success - Money. Find out now. Call 1-900-451-4055. 24 hours. 18+, \$2.99/min. 34-4-6

18 PERSONAL

LIVE PSYCHIC. Call Canada's most gifted psychics 24 hours a day. 1-900-451-4847. (must be 18+). \$4.99/minute. 34-1-3

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ALBERTA 900 DATELINE. Great dates! Alberta girls and guys, voice personals, all lifestyles. Call 1-900-451-3099, Ext. 489. 18+. Touch tone. \$3.29/min. Canada 900. (702)593-0303. 34-1-3

PARENT FINDERS - EDMONTON. Attention: Birth parents, adoptees, siblings, foster parents. You have a right to know. Registry only \$5. For more information call 466-3335, or write: Box 12031, Edmonton, AB, T5J 3L2. 34-1-3

ALBERTA'S Hottest dateline! Intimate phone messages, awesome dates: 1-900-451-3580, \$2.99/min., 18 years+. Sizzling live conversation, 1-900-451-3990, \$3.49/min., 18 years+. 34-1-3

20 REAL ESTATE

FARM FOR SALE - 1/2 section 1/4 mile north of Chicken Lake. 1500 sq. ft. renovated house, buildings, good water. 270 acres cult. 645-2656. J24

FOR SALE BY OWNER - 3 bedroom bungalow, partly finished basement. Large single garage on extremely large corner lot. Contact Myles / Brian 463-4593 or leave message. J31

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GOT A CAMPGROUND membership or timeshare? We'll take it! America's largest and oldest resale clearinghouse. Call toll free Resort Sales International at 1-800-423-5967. Also timeshare rentals needed. Call 24 hours a day. 36-1-3

1994 SHOWHOME CLEARANCE. All homes must go. 16 wides, double wides, bungalows, with 5 year warranty. Don't delay. Call Pleasant Homes today 403-962-0238. 28-6-6

NEW 3 BEDROOM manufactured home complete with fridge and stove \$37,900. Buy factory direct and save! Just 5% down O.A.C. Call Ridgewood Homes collect 403-470-5660. 28-5-5

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OUR 1994 HOMES HAVE TO GO. No reasonable offer refused. Central Alberta Custom Homes, Hwy. 2 South, Red Deer, 1-800-347-5590. 28-4-5

BUY FACTORY DIRECT. Let Noble Homes team of architects design the home of your dreams. Unique in every way! Top Dollar for Trades (403)447-3414. 28-1-3

21 RECREATIONAL

1993 SKIDOO FORMULA MX - 470 c.c. w/two-up seat, rear rack, hand warmers, reverse, tarp, nice family machine. \$5,500 obo; 8'x11' snowmobile trailer, drive-on, drive-off, \$1,000.00. 635-2518. J17

22 SERVICES

NEED CASH, for debt consolidations, taxes, vacations, purchases, renovations, business. No proof of income required on equity mortgages. Call Westline Guaranty Financial (403)276-5551. 40-1-3

HOW TO PLAY popular piano. New home study course. Fast, easy method. Guaranteed! Free information. Popular Music Studio C12, 103 - 1054 Ellis, Kelowna, BC, V1Y 1Z1. Call 1-800-667-0050 ext. 770. 40-1-3

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PAYROLL PREP. The original quick-call payroll service for small businesses and farms. Prompt service, low rates. Call for details 1-403-582-2332. 40-1-3

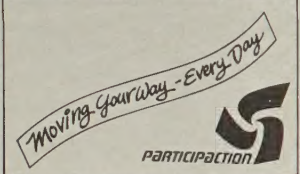
25 WANTED

COLLECTOR WILL PAY UP TO \$500.00 - For old round glass "Globe" signs from tops of early gasoline pumps. White rose, B-A, North Star, etc., Also buying signs. Call Pete collect (403) 932-3411 days or 932-2905 evenings. J17

WANTED TO BUY: Good size standing spruce or pine. Will pay good money depending on size and volume. Ph. 366-2075 Myrnam. xxx

25 WANTED

TOUR: Denmark, Sweden, Finland, Norway. June 10 to July 2/95. More details: McAndrews Travel (403)482-6517, fax (403)482-2635, Jack (403)436-5992 by Feb. 1/95. 43-1-3

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Crusaders have saintly tournament

The F. G. Miller Crusaders may not have walked away with any romps at the Regional High School Girls' Basketball tournament but they did walk away with the first-place trophy.

The Crusaders won the championship by downing the Ashmont Falcons 41-33 in the finals, Saturday at Regional high school.

None of the victories were easy, according to Crusaders coach Ray Danyluk.

F. G. Miller opened the tournament with a 48-44 victory over the Bonnyville Centralized high school Voyageurs Friday night. They advanced to the final by eking out a 46-43 win against the Grand Centre Royals Saturday morning. They then beat the surprising Falcons in the final.

"Every game was close. We didn't walk away with anything at all," Danyluk said. "All three games could have gone the other way."

The Crusaders built up a 19-13 lead against Ashmont and were able to hang on for the 41-33 victory.

Robin Danyluk led the Crusaders in scoring with 10 points in the final.

But F. G. Miller nearly didn't make it to the final — Grand Centre gave them a real scare in the semis at Racette.

The Crusaders seemed to be cruising to a victory as they had a 27-17 lead at half-time. But Grand Centre was able to close the gap to 42-41 with a minute left.

Robin Danyluk then hit a pair of free throws to make it 44-41. But Grand Centre then made a lay-up to make it 44-43 with about 25 seconds.

All F.G. Miller had to do was hold on to the ball and run out the clock for the victory.

But don't tell that to the Crusaders' Bonnie West. West hit a 30-footer with 13 seconds left to clinch the win. She finished the game with 22 points.

The host Regional Saints were upset by the Falcons in the semis but they bounced back by surprising the Royals 45-44 to take third place.



HOOPLA — Joe Dermo of the Royal Bank presents the winning trophy to the F. G. Miller Crusaders at the Regional Saints' Girls' High School Basketball Tournament Saturday. F.G. Miller defeated the Ashmont Falcons 41-33 in the finals.

Elks defeat Onion Lake 10 - 6

Elk Point Elks met SaskAlta newcomers Onion Lake Eagles for the first time on Friday

night, and sent the visitors home with a 10-6 loss.

Kerry Loughran scored unassisted just 36 seconds into the game to set the tone for the evening. Earl Youngchief, assisted by Sheldon Cardinal, and Rick Austin, assisted by Cardinal and Kerry Loughran, made it 3-0 before Onion Lake hit the scoreboard. Gerald Funk scored a pair, assisted by Greg Horse in the first, the second unassisted, to bring the visitors within one point of the Elks. Jeff Buck, scoring for the Elks off assists by Cory Laboucane and Allan Loughran, and Gerald Funk, with another unassisted goal for Onion Lake, maintained the one-goal margin as the period ended.

Cory Laboucane, assisted by Mike Boratynec and Kerry

Loughran, and Sheldon Cardinal, assisted by Rick Austin, extended the Elks lead early in the second. Gerald Funk scored his third of the game off an assist by Brad Quinney soon after. Laboucane scored off an assist by Boratynec to give the Elks a 7-4 lead after two periods.

Kerry Loughran scored two in 86 seconds to open the third period, assisted by Boratynec in the first and by Laboucane and Greg Desaulniers in the second. Onion Lake answered with a pair by Jon Whitstone, assisted by Howard Cooke, and by Roy Quinney, unassisted. Rick Austin scored the final goal for the Elks, assisted by Laboucane and Youngchief, to bring the final score to 10-6 in the Elks' favor.



ST. PAUL ATOMS TOP TOURNERY - After defeating Marwayne 7-4 and losing 6-5 to Bonnyville in round robin play, St. Paul Atoms defeated Kitscoty in semi-final action and went back against Marwayne in the final, for a second 7-4 win, this time for the championship.



MARWAYNE COMES SECOND - Marwayne Atoms defeated the host Elk Point Atoms I in the semi-finals of this weekend's Elk Point Major Atom Tournament.

Thunder keeps rolling

Elk Point Midget Thunder followed up last week's silver medal win at a tournament in Kitscoty with a win and a tie this weekend.

Saturday saw them trounce Lloydminster 13 to 1, with Marcel Jenkins leading the scoring with six goals and an assist. Travis Pankiw added two goals and 5 assists, Jeff Hughes 2 goals and 3 assists, Monty Kenyon 1 goal and 1 assist, Shane Berlinguette and Kristin Holthe 1 goal apiece. Mark Woytkiw added 3 assists, with 2 more coming from Danny Flett.

On Sunday, Thunder travelled to Turtleford, SK, where they ended the game in a 7-7 tie. Travis Pankiw collected four of the goals, plus one assist, while Jeff Hughes added a pair and three assists. Irwin Easthope scored the remaining goal and 2 assists, while other assists came from Kristin Holthe and Jacques deMoissac.

Thunder's next home game is slated for Saturday, January 21 against Vermilion, with an 8 p.m. start.

The Elk Point Skating Club
IS HOLDING A
General Meeting
Tues., Jan. 17 - 7:00 pm
A.G. Ross Arena - Horizon Room

Elk Point Curling Club
Men's Open Bonspiel
February 3, 4 & 5, 1995
HOG DRAW, RELAY RACE,
CASH PRIZES AND MORE ...
Phone 724-2631 for more info.



Tobacco and Your World



Some important facts about smoking / tobacco use

At current projected use levels, smoking / tobacco use will kill eight times more of our youth than automobile accidents, suicide, drug use, murder and AIDS combined.

- ♥ Tobacco kills at least three million people per year worldwide.

- ♥ Smoking causes about 90% of lung cancer deaths, 30% of all cancers, 80% of chronic bronchitis and emphysema and 25% of heart disease and stroke deaths. (1991 statistics).

- ♥ For the first time in Canadian history, more women will die this year of lung diseases from smoking than from breast cancer.

- ♥ If you smoke two or more packs of cigarettes a day, your mortality rate is 200% higher than a nonsmoker.

- ♥ Smoking robs the average smoker from ages 35-69 of over 20 years of productive living.

- ♥ Smoking can cause impotence in men.

- ♥ Smoking may damage sperm and increase a father's risk of having children with brain cancer and leukemia.

- ♥ Drivers who smoke are 50% more likely to have an accident than those who do not.

- ♥ Tobacco kills at least three million people per year worldwide.

- ♥ Smoking is a key factor in heart disease and most cancers — our two biggest killers.

Tobacco related diseases kill 3,000 Albertans each year.

- ♥ Smokers tend to carry more body fat around their waists which increases their risks of diabetes and heart disease.

- ♥ Nicotine can depress brain activity.

- ♥ Smoking can increase your risk of peptic ulcers.

- ♥ Post menopausal women who smoke have a greater risk of osteoporosis.

- ♥ Diabetics who smoke increase their risk of kidney disease and blood circulation problems.

- ♥ Smoking among teenage girls nationally has increased 8% in the last 4 years from 21% to 29%. A recent St. Paul study of Racette and Glen Avon students on smoking suggests the same pattern.

- ♥ School board tobacco/smoke free policy decisions and role modelling by educators are two of the strongest features in discouraging smoking among teens.

- ♥ In women, smoking causes premature wrinkles, a poor complexion, stained teeth and fingers, and bad breath.

- ♥ Smoking and tobacco use costs Albertans one million dollars in health care and income loss each year and that is money up in smoke.

Positive self-talk to stop smoking

We believe what we tell ourselves. It's important to find self-talk that you believe. Pick out the ideas you most agree with and want to happen. Repeat them every day. Write them as notes to yourself and post them all over your house.

Teens, smoking and peer pressure

By Tina Newby
Grade 11 Student

Today, peer can be one of the most difficult areas a young person can face. Smoking is a prime example as more teens are starting to smoke. Is it due to peer pressure?

As a teen, I believe that peer pressure can be very difficult to resist because you do want to belong and fit in with today's teens. With the increase in teen smoking there must be a link to pressure and acceptance to join in. Many teens not only have pressure when with friends but smoking is a part of their home life with one or more members of their family smoking. Statistics have proven that role models have a powerful impact on youth and making decisions. When you see someone older, well liked, having fun and smoking, you may get the wrong message and start to believe that if you smoke, something will make you similar to them.

The one thing you have to remember is that choices will happen all through your life and choosing to take that first "drag" can lead you to a habit that isn't easy to stop.



Heartners: Partners in Heart Health

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What if 3,000 people died at Cold Lake?

By Merrill M. Clark, M.A.
Family Life Program Manager

One of the big watchwords in disease prevention today is ENVIRONMENT. People are very concerned about the effects of poisonous substances, toxic wastes, etc. on our health. In some instances where nuclear reactors leak radiation into the environment, international health incidents are often created with the help of the media and a few celebrities from Hollywood who visit the site, decrying the pollution and its dangers to the people.

Well, just suppose we had a nuclear plant at Cold Lake, Alberta ... and just suppose that a leak from that plant had caused 3,000 deaths during the year. Do you think that such an event would attract the attention of the media? Is it possible we would also attract an environmentally sensitive celebrity or two from Hollywood? Would we likely have people carrying protest placards in front of the gates to the plant? Might we possibly have news media people

lined up with cameras and crews from St. Paul to Cold Lake waiting to catch a glimpse of this incredible disaster? Likely we would even attract the attention of W.H.O. (World Health Organization) to condemn this terrible event. This could happen if even one or two people died, let alone 3,000.

SMOKING DISASTER FACTS

Sounds incredible, doesn't it? Guess what? A disaster killing the same number of people is happening every year in Alberta from toxic pollutants. Three thousand people are being killed each year in Alberta from preventable diseases caused by tobacco use and smoking (such as heart disease, cancer, emphysema) ... and guess what? Hardly anyone "bats an eyelash". I've asked the kids in our schools "What disease causes the most deaths in Alberta?" Almost invariably they will say "AIDS". Yet as serious as AIDS is, tobacco use kills 50 times the number of people that AIDS does in Alberta each year. Obviously, our children are getting their perception of the facts of life from the media but are missing the

true reality that tobacco use is our biggest preventable killer.

IS PREVENTION TOO COSTLY?

Recently the federal government decided to spend 55 million dollars a year for 3 years on campaigns to help discourage people from smoking. Monetary ultra conservatives have condemned it as a terrible waste of money. Ironically we are spending three times that amount each year in health care costs alone just to treat and care for smokers as they die from totally preventable diseases. Now that is really terrible!

The part I find the most uncomfortable about this whole problem is the contradictory messages we must be sending to our youth who are well trained in today's world at spotting and condemning hypocrisy. I wonder what price we will pay in the future for this? Hopefully, we can wake up some day as a society and really help people "put their money where their mouth is" instead of cigarette and tobacco products.

Teen victims

By Dr. G. Spencer

The harmful effects of smoking were only discovered about 35 years ago, long after the conclusion of World War II. By then many of the youth of that day were already addicted to nicotine. They thought that their habit was harmless but as they grew older many fell ill to various ailments such as cancer, heart disease, etc.

Over recent years the tobacco companies have deliberately targeted certain sectors of the population to sell their product. There is little point in targeting seniors in their 70s to start smoking as they have a limited life expectancy anyway; far better to target the young who when addicted will be faithful customers for many years to come providing they do not die prematurely as a result of smoking.

Indeed the percentage of teenage girls who smoke has risen steadily over the last few years. Many are addicted even as early as their early to mid teens and sadly are unable to give up smoking when they are older and pregnant. Few of them realize the ill effects of smoking on their future child and also the respiratory problems they can give their children who are growing up in a contaminated atmosphere at home.

Fortunately many couples have now realized this and do not expose their children to smoke but instead go outside onto their deck. If you do not believe me, look around town on a cold crisp night and look out for the glow and listen for the cough!

Smoking excuses

By Smokey

Smokers are one of the world's greatest when it comes to excuses why they can't attempt to stop smoking. As a smoker, I have heard them all and even created a few. Some of the most common are as follows:

1. **I need a cigarette to relax, or deal with frustration.** The fact is that nicotine does not relax the body of stress, it makes you even more edgy and tense.

2. **If I quit, I will put on weight.** The fact is that only a small number of people gain a large amount of weight. The norm is 3 to 4 pounds after you accept and drain your body of the nicotine dependence.

3. **I just don't have the**

willpower. The fact is that most people have willpower and do change many things in their life. They can do the same with smoking.

4. **I don't know if I could get up in the morning without lighting up.** The fact is that you will change your morning routine if you are serious about stopping.

5. **I couldn't put my family through my stopping to smoke.** The fact is that the days of stress your family will experience while you go through nicotine withdrawal could result in many years of sharing life together.

6. **Old Joe lived to be 80 and he smoked.** The fact is that 3000 Albertans die each year from smoking related diseases and many are not half the age of Old Joe.

What happens if you don't get hit by a bus?

By Laura Plett RN, BN

Do you have an attitude like this girl? When she was informed that she could die from smoking, her reply was "I could get hit by a bus" making the assumption that if she died, it would be quick, painless but she could still enjoy the last puffs of her cigarette on her deathbed.

What if you don't get hit by a bus? What are the effects of smoking on your appearance? Premature wrinkles, yellow teeth, yellow fingers, smoky smelling hair and clothes, stale breath. Somehow that's a different picture than the portrayal of the youthful, beautiful models in

the cigarette ads. Maybe they haven't been smoking long enough or maybe the photographers have to touch up the photographs. Or maybe they don't smoke?!

What about some short term effects on your body? Your heart rate and blood pressure rise, your hands and feet get cooler because there's less blood circulation to these body parts; you get more colds and flus because your immune system can't function well; you cough more; tar deposits in your lungs; your sense of taste and smell are reduced; men have less active sperm and have more deformed

sperm.

And the longer you smoke the worse it gets. Heart disease, lung cancer, stroke, oral cancer, emphysema, peptic ulcers can reduce your ability live a full and productive life. These diseases don't kill you immediately, you progressively get worse. You use more health care dollars, you retire early from the workforce, and you die earlier in life.

Maybe it would be easier to get hit by a bus than to stop smoking. However there are many benefits to stopping smoking like better health, more money in your pocket and longer work productivity. Don't get hit by a bus, get on the health bus and enjoy the scenic ride!

Dental Health and smoking

Brush up on the facts

Amil Shapka, MD, DDS
Laura Plett, RN, BN

They gazed dreamily, obliviously, lost in the depths of each other's eyes. Pulses quickened, feeling the warmth of their bodies drawn magically together. Time itself slowed, as their lips approached, destiny about to be served. Suddenly, the magic of the moment was shattered by ... "Yeech, smokers' breath!"

Dramatic, maybe, but the effects of smoking on oral health are very real. Smoking creates bad breath, contributes to gum disease, affects the whiteness of the smile, and increases the risk of oral cancer.

Tobacco smoke releases gases and chemicals which collect in the mouth and leave a stale odor. Some of these pass through the thin lining of the mouth, into the bloodstream. As the blood filters through the lungs, these gases are released so that exhaled air also has a

stale odor. Because a part of the odor is coming from the air in the lungs, mouthwashes and breath fresheners will not help smokers' bad breath.

Some of these chemical gases also poison the mouth's defence cells, contributing to gum disease and infections. Many taste buds in the mouth are also damaged by chronic smoking, resulting in a limited ability to taste.

Tobacco tar stains dental plaque to a brown or black color. As the stain builds up, it penetrates minute cracks in the teeth's surface. Eventually the teeth become a permanent light yellow to yellow-brown color.

Write your own happy ending. Stopping smoking can reverse most of these undesirable effects; do it, for the health of it!

Financial consequences of tobacco use

If you smoke one package of cigarettes a day at \$5.00 per package, the following amounts are what you spend:

\$5 x 30 days = \$150
\$5 x 6 months = \$900
\$5 x 1 year = \$1800
\$5 x 2 years = \$3600
\$5 x 5 years = \$9000
\$5 x 10 years = \$18,000
\$5 x 20 years = \$36,000

Did you ever wonder why you are always broke? What would you buy for \$36,000? Just imagine the freedom! And you don't even have to win a lottery!!

Too young to smoke!

By Marian Lalonde, RN

What is the usual age at which people start smoking? I personally know many newborn babies, young children and even unborn babies who smoke. Ridiculous you say? Read on for some sobering facts about **SECOND HAND SMOKE**.

Environmental tobacco smoke (ETS) exists in the air of homes and public indoor areas where cigarette smoking is permitted. ETS is emitted from a smoker's lungs and from the burning tip of a cigarette. It is known to contain over 4,000 chemicals, at least 50 of which are known to cause cancer. Ordinary ventilation systems are not effective in removing this hazard.

Children are particularly susceptible to the effects of ETS exposure. When children breathe this air, the chemicals enter their lungs. When pregnant women smoke, the chemicals carried by their mother's bloodstream cross the placental barrier.

Why and how are children affected by ETS?

♥ Young children's lungs are undergoing significant growth and development and are more readily irritated by smoke. When exposed regularly to ETS, they are more prone to developing lung problems: ASTHMA, BRONCHITIS, PNEUMONIA.

♥ Increases in middle ear infections, colds and sore throats are linked to ETS, particularly if mother smokes.

♥ Sudden infant death syndrome — Nobody knows what causes SIDS but it is generally accepted that it involves some form of respiratory failure. Studies have consistently shown that children who die from SIDS are more likely to have a mother that smokes.

♥ Mothers who smoke during pregnancy are more likely to deliver babies of low birthweight. There is also an increased risk of prematurity and fetal death. This is because nicotine constricts blood vessels, decreasing available nutrients and oxygen to the fetus.

♥ Pregnant women who are exposed to ETS for at least two hours per day are twice as likely to deliver a low birthweight baby.

♥ Men who smoke have a lower sperm count and more abnormal sperm formation.

Beyond the respiratory issues, cigarettes, matches and lighters are the main cause of burns and house fire deaths for children and adults.

When you smoke, so do your children. Think about it. Maybe they're too young to smoke!

Sick and tired of being sick and tired

By Jack McIntyre

I'm sick again! This happens every time I stop smoking and I should know! I've quit smoking four times in three years. My brother-in-law told me he was sick for a year when he quit.

This time is a little different than the other times. I didn't analyze my situation to death; I didn't make a list of all the reasons I shouldn't smoke; I didn't stock up on pumpkin seeds and candy; I didn't start jogging; I didn't announce to the world my newfound resolution; I didn't get my teeth cleaned; I didn't keep repeating to myself "I CAN NOT SMOKE": I just called my doctor, got a prescription for the patch, filled it, and stopped.

That's not to say it has been 100% effective. Over the Christmas party season I

smoked probably six cigarettes, but I'm not going to guilt myself to death. I've been smoking for most of my life and it'll likely take the rest of my life to stop. So what! I'm not going anywhere; unless I start again.

The last time I started smoking again because I wanted to. I know I told everyone that work was stressful, my grandmother died and I got caught in a weak moment. But the fact is I wanted to smoke. I felt I was cheating myself by not smoking. Everyone else was, why not me? The fact is, more people don't smoke than do. In my office (which still allows smoking) I swung the balance and we now outnumber the smokers. Smoking is an addiction and if I have to be sick for a year, so be it. Better to be sick for a short time than dead for a long time.

Is smoking sexy?

By Merrill M. Clark, M.A.
Family Life Program Manager

I will never forget the impressions cigarette ads made on my mind as a young boy growing up stateside. The Marlboro cigarette ads were always the most compelling. There he was, the well tanned, manly looking cowboy with a suede western hat and jacket in sheepskin trim. His cowboy boot was securely set upon the fence surrounding his spread. A look of "a man's gotta do what a man's gotta do" was well situated on his sun lined face. Almost looking as if a part of his person was a smoldering cigarette dangling from his hand, lips, or being lit, with the Marlboro package casually protruding from his jacket. Across the ad was the caption "This is Marlboro country". The unspoken message in the ad was, "This is what being a real man is all about." Nothing in the ad suggested addiction, bodily destruction or death.

Catching the contradiction in all this, MAD Magazine shortly thereafter came out with a similar ad but showing the cowboy looking through the same fence into a cemetery with headstones lined up and the caption "This is Marble Row country". Actually both ads had an impact upon me. Fortunately the second cancelled out the first in my case.

Sex - Up in Smoke?

With all the emphasis placed upon a man's physical, sexual and emotional capabilities in men's and women's magazines and even on T.V., it seems strange that no one seems to be

addressing the effect of cigarette and tobacco use on a man's sexual functioning.

In a report being published in the American Journal of Epidemiology, it was revealed by researchers at the Centers for Disease Control and Prevention that men who smoke show over 50% greater frequency of problems with impotency (in this case, male erection). David Mannino of C.D.C.'s National Centre for Environmental Health says that "It's just more bad news for smokers". Unlike women, for a man to be functional in a sexual relationship he must maintain an erection to complete the sexual act. Any inability to maintain sexual potency in this way can be most aggravating and disappointing. The important question is: Why is failure more frequent with smokers?

Nicotine, Carbon Monoxide - Culprits

Tobacco smoke contains thousands of poisonous chemicals. One of the most potent is nicotine which causes a narrowing of vital blood arteries in the male genitals cutting down blood circulation. Add to this the oxygen depleting effect of carbon monoxide on muscle tissue and it is quite easy to see how male penile erection capability can be diminished over time. Smoking starves key muscles of oxygen needed for vital cell growth.

Are smokers more sexually attractive?

Certainly the real qualities that make a male a successful and happy sexual partner aren't all centered in his genitals. It is in his personality, his

respect, his caring and his sensitivity. These are the things that studies consistently show make a person an attractive, sexual partner. Strangely, one of the things that other studies show makes smoking attractive to both males and females is the media conditioned connection between smoking and "sexiness". This idea is as subtle as it is entrenched in the minds of many smokers. For instance, it is still popular for young women to smoke in order to avoid eating, as they seek to stay slender and sleek and attractive to men. This brings up a whole host of health questions that are topics for discussion all by themselves.

However, the old idea of the "ultra macho stud" as a sex idol with a cigarette hanging in his mouth is likely just not going to "hack it" in the future. With our new health focus on healthy bodies and healthy smoke free environments, these phoney images of sexual attractiveness hopefully will soon "go up in smoke."

Helpful facts for women who smoke

Did you know ...

- Smoking is related to:
- difficulty in getting pregnant.
- greater chance of miscarriage
- increased problems with periods.
- Cigarette smoking during pregnancy may cause the fetus to grow and develop more slowly and the baby to be smaller (200 mg underweight) at birth.

Everyone has rights!

By Laura Plett, RN, BN

Thirty years ago, it seemed like everyone smoked tobacco in one form or another, and it was an acceptable custom. You'd hear an occasional muttering about not smoking pipes or cigars but there was little to no complaint about cigarettes. The only visible nonsmoking signs were attached to highly flammable or explosive materials.

Today nonsmoking signs are visible in restaurants, shopping malls, stores, private homes and many other places. Why the change?

During these 30 years, scientists and health professionals have studied the effects of smoking and second-hand smoke on people. Their conclusion? Tobacco smoke is hazardous to the health of smokers and nonsmokers who are exposed to second-hand smoke. It causes lung cancers and heart disease as well as increasing the number of respiratory infections, especially in children whose parents smoke.

According to scientists, tobacco smoke is

the worst source of indoor pollution and often exceeds governmental limits set for outdoor pollution. The reason this is significant is that most people spend more time indoors than outdoors. Some sort of protection from second-hand smoke is necessary for people who don't want to smoke.

That's why tobacco bylaws like the Town of St. Paul Bylaws numbers 931 and 975 are passed and enforced, to restrict exposure to the toxic chemicals in second-hand smoke in public places like restaurants and places of employment. Laws don't restrict a smoker's rights because they do not force smokers to quit smoking. The laws just ask smokers to smoke in areas where they don't harm other people.

How did bylaws come into existence? People have started to speak up about their right to health. The more people talk about it, the more that others begin to realize they, too, can initiate changes in their business, in local government, and other locations.

Everyone has the right to enjoy good health. Are you exercising your right?

Gateway to Addictions

By Sharon Steinhauer

Adolescent cigarette smokers are 100 times more likely to smoke pot than teenage non-smokers, according to a 1991 analysis of federal U.S. surveys.

Although many adolescent smokers do not go on to use illicit drugs, nevertheless, "tobacco jumpstarts the whole process that leads to alcohol abuse and illicit drug use," says Dr. Jack E. Henningfield, chief of the Clinical Pharmacology Branch of NIDA's Addiction Research Center (ARC) in Baltimore, "Nicotine use is strongly associated with the use of other addicting drugs."

Dr. Henningfield emphasizes the word *associated*. "I'm not saying that the use of tobacco products is a specific cause of drug and alcohol abuse — it's neither necessary nor sufficient for the development of other addictions," he says. "But when we consider all other risk factors, tobacco is clearly one of the most powerful, preventable risk factors preceding drug and alcohol abuse." Dr. Henningfield offers three characteristics of tobacco that may be involved in the subsequent abuse of drugs or alcohol.

First, nicotine is a potent, addicting drug. It produces changes in the central nervous system by increasing the number of nicotine receptors in the brain activating the brain's dopamine reward system, just as cocaine and morphine receptors do."

Second, cigarette smoking is a complex learned behavior. People who smoke are literally teaching themselves how to introduce a psychoactive substance into their systems through inhalation. This is significant, according to Dr. Henningfield, because smoking is a potent delivery system for many other addictive drugs, including cocaine and morphine derivatives. "We know of relatively few people who smoke marijuana who do not also smoke cigarette," Dr. Henningfield adds.

Third, nicotine is used to regulate mood and behavior; it provides relief from stress and boredom, and is even employed for weight control. "People tend to begin smoking early and at a very vulnerable age when they are going through puberty and they are often confused and ill at ease with their changing feelings and bodies and thus open to experimentation. Young

people who smoke learn how to manipulate their moods and feelings with a psychoactive substance - nicotine.

Tobacco then becomes a stepping stone to other drug use, he says, although he points out tobacco is not the only factor associated with subsequent drug use. Other vulnerability indicators include stress, socio-economic standing, exposure frequency, and possibly even genetic predisposition.

But tobacco is the most preventable risk factor of the lot, Dr. Henningfield asserts. He considers it to be a "gateway" substance because it may predispose people physiologically and psychologically to abuse other drugs and because it predicts levels of drug and alcohol abuse. "This is not a trivial relationship," Dr. Henningfield says.

Other findings from a survey published in the *British Journal of Addiction*:

- **Tobacco appears to be more addictive than alcohol.** While 10 - 15 per cent of alcohol users are considered alcoholic, nearly 90 per cent of tobacco users are "hooked."

- **Forty per cent of those teenagers who smoke daily had been drunk** (defined as consuming five or more drinks in a row) in the last 30 days, whereas virtually none (only three per cent) of the nonsmoking teenagers had been intoxicated during an equal time period.

- **Users of smokeless tobacco (chewing tobacco) were more likely to use cigarettes, marijuana, or alcohol than nonusers.**

- **Use of other drugs such as heroin, cocaine, amphetamines, and sedatives is associated with increased levels of nicotine dependence.**

Despite the bad news that smoking can lead to illicit drug use, a brighter side emerges from this finding - at least, for researchers. Because the biological processes underlying tobacco, heroin, and cocaine addiction are similar, studying tobacco use can serve as a model to investigate the biological mechanisms of those other drug dependencies, said Henningfield.

Additionally, more effective efforts to prevent smoking - nearly three out of 10 North Americans still smoke - might help curtail the spread of illicit drug use, "since tobacco use is such a powerful predictor of other drug use," said the addiction expert.

Positive self-talk to stop smoking

- Taking care of my body is important to me. I like to keep fit and feel good.
- I exercise regularly. I keep myself fit and healthy. I am enjoying a lifetime of energy.
- I do not see smoking as strong, smart or sexy. I see it for what it really is, and it has no place in my life.

Tips for the Support Person

This information is intended for use by Support People - the friends or relatives chosen by smokers as people they trust to help them to stop smoking.

The process of stopping smoking can be difficult. It can be a lot easier with someone to count on for help. Here are some tips on what you can do:

- ♥ Review the method chosen by smoker to stop smoking so that you can understand the program.
- ♥ Ask how you can help.
- ♥ Talk about the smoker's commitment to stopping and to life as a non-smoker.
- ♥ Ask the smoker what benefits they think they will receive from not smoking and reaffirm

those benefits in the "down" times.

- ♥ Show interest - help the smoker to keep the smoke-free goal in sight.
- ♥ Don't expect overnight success - be patient, there are bound to be a few setbacks.
- ♥ Encourage the smoker to "try again" if a slip occurs. Talk about how it happened and how to avoid the temptation next time.
- ♥ Praise every attempt to quit.
- ♥ Don't nag or scold - you are not a drill sergeant, you're a friend lending your support to someone who needs it, which means **you're quite a nice person.**
- ♥ Be available - in person or by phone. If the exsmoker needs to talk, he or she has to feel confident that you're available and willing to help.

Adapted from Quit 4 Life

St. Paul and District Stop Smoking Support Group

By Diane Bellerive

On June 3, 1993, the St. Paul and District Stop Smoking Support Group was formally organized to provide support and information to people who choose to stop smoking or want to reduce the amount of tobacco they use. There is no cost for individuals to join the group.

Meeting at 7:30 p.m. every Sunday (except holiday weekends) at the St. Therese Hospital Multipurpose Room in St. Paul, members gather to share information, give support to each other and learn about the nicotine habit, and how each of us can become a nonsmoker.

Some of the subjects we explore and discuss are different methods and techniques to stop smoking, such as cold turkey, the nicotine patch, tobacco free cigarettes, etc., and individually decide which may be the best method for us to approach the problem. We do not endorse or condemn any one approach. An informed choice is made by the individual.

We learn the reasons why we smoke, how to manage stress, and the many other triggers which may keep us from succeeding in our attempts to

stop.

As well, we learn different methods of how to change our smoking patterns and coping techniques for when we do stop. We discover that stress and boredom often play a major role.

As a group of people who want to stop or have already stopped, we learn how to manage weight control, how to repattern habits and avoid triggers.

The group has a growing resource library of tapes, books, brochures, and videos which members can borrow.

Guest speakers are invited to share their experiences and members are free to bring friends, family and other people who smoke.

Supported by Heartners: Partners in Heart Health, members of the Stop smoking Support Group can enjoy free coffee, and decide how and when the next cigarette will be their last one.

We learn that there are many pathways to stop smoking.

MOTIVATION IS THE

KEY

Don't struggle on your own any longer. Support is available through our group. For more information, contact Diane at 645-6739 evenings, or Merrill at 645-3396 daytime.

Eulogy to Nick O'Teen

We are gathered here today to say goodbye to someone we've known for a long time. I can still remember when I first met Nick — I thought he was so cool. All my friends hung out with him, and so I thought I would too. At first, I got really choked up when he was around — just like a teenage crush. But as time went on, I really got hooked on him.

They say love is blind, and I loved Nick. All I could see was good in everything he did when we were together. When I was sad, he helped calm me down. When I was tired, he gave me a lift. I never felt lonely when Nick was around.

Everyone told me that Nick was bad for me. I didn't listen. It took a long time for me to see the truth. Finally, now I can say that I know Nick for what he really is: a lying, cheating, good-for-nothing CREEP.

He took all my extra cash. He took advantage of my trust, and got me addicted to poisons. He makes me sick! He stinks! And anyone hanging around with him stinks too! He tried to rob me of my future, but I didn't let him. I told him to BUTT OUT of my life.

It may be hard to get on without Nick, but not nearly as hard as it was to have him around! So, I am here to say goodbye to Nick. So long. It has been bad to know you.

Ashes to ashes, butts to dust ... Goodbye Nick O'Teen. Rest in pieces.

Written by Mary Elliott